

FITNESS MONTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
FIT TO FIGHT				1 Squadron Weigh-in, 10 a.m.-2 p.m. East Fitness Center	2 Squadron Weigh-in 10 a.m.-2 p.m. East Fitness Center	3
4	5 Horseshoe Tournament, 3 p.m. Bicentennial Park	6	7 Squadron/Unit Tug-of-war, 5 p.m. Bicentennial Park	8 Tennis Tournament, 12 p.m. East Fitness Center	9 5K Fun Run, 11 a.m., strollers; 11:10 a.m., walkers; 11:30 a.m. runners	10 3-on-3 Men's Basketball, 12 p.m. East Fitness Center
11	12 Racquetball Tournament, 4 p.m., East Fitness Center	13 Racquetball Tournament, 4 p.m., East Fitness Center	14 Back To Basic Competition, 12 p.m. East Fitness Center	15	16 Bench Press competition 11 a.m., East Fitness Center, Softball Homerun Derby, 5 p.m.	17 3-point shootout and slamdunk contest, 11 a.m. East Fitness Center
18 HAPPY MOTHER'S DAY	19 ORE	20 ORE	21 ORE	22 ORE	23 FAMILY DAY	24
25	26 MEMORIAL DAY OBSERVED	27 4-on-4 Volleyball, 6 p.m. East Fitness Center	28	29 Squadron Weigh-in, 10 a.m.-2 p.m. East Fitness Center	30 Squadron Weigh-in, 10 a.m.-2 p.m. East Fitness Center	31

Grandmaster holds Tae kwon do classes
Grandmaster Yong Kim teaches classes at the East Fitness Center, Mondays and Wednesdays, 6:15–7:10 p.m. and 7:15-8:30 p.m. Cost is \$45 a month.
Call 846-5104.

Hackers challenge duffers May 9
The Greater Albuquerque Chamber of Commerce Military Affairs Committee sponsors the Hackers versus Duffers golf tournament at the Tijeras Arroyo Golf Course, **May 9**. Entry fee is \$55 a person.
Registration begins at 10:30 a.m. Shotgun tee time is at noon.
Call Pat Mahoney at 846-1574.

Awards shop engraves
Engraving, signs and badges can be made at the Plaques and Awards Shop, open weekdays.
The shop is located in the Skills Development Center.

Handball club: just play, no pay
Join the Fitness Center Handball Club: no initiation fees, no dues, no meetings, only competitive handball. Courts 2 and 5 are reserved 11 a.m.-1 p.m.
Call Bob Sanchez, 846-2454.

Co-ed softball starts
The 2003 co-ed softball season begins **April 28**. The league is open to all eligible fitness center users.
Call 846-1068.

Mother's Day Fun Run
The Mother's Day 5K Fun Run, **April 9**, starts at the intersection of G Steet and Pennsylvania Street. Strollers start at 11 a.m., walkers at 11:10 a.m. and runners at 11:30a.m.
Call 846-1102.

Join the Big Guns Club
Be part of the Big Guns Club. To qualify, men must be able to complete 75 military style push-ups, 20 military style pull-ups, and bench press their

weight and a half. Women must be able to complete 30 military style push-ups, 2 military style pull-ups and bench press their weight. T-shirts will be given to all participants who qualify. Register at the East Fitness Center. Call Staff Sgt. Barbara Dixon at 846-1102.

Fitness Center holds cycling program
The East Fitness Center holds the cycling program, "Go for the ride of your life". You can win t-shirts, caps, towels and water bottles. Mileage forms can be picked up at the East Fitness Center.
Call 846-1068.

Golf Course has Mother's Day Sale
A May Mother's Day Sale is **May 1-10** at Tijeras Arroyo Golf Course. All ladies apparel including shoes and hats are 15% off regular price. Call 846-1574.

Fitness month kicks off
Thinking about getting into shape? Now is the time to do that with fitness month in full swing.
The fitness center offers various competitions in May to get squadrons and families exercising.
This year's theme is "Fit to fight", and activities are designed to get all branches of the Service working together.
Staff Sgt. Barbara Dixon, of the fitness center said she worked with Army, Navy, and Marines to come up with a theme and events for this year.
Some of the popular activities from past years are back along with a few new activities such as the Back to Basic competition in which teams of two males and one female will compete to do the most sit-ups, push-ups and pull-ups.
All events are free and prizes are awarded for first, second and third places.
Volunteers are needed to help with the activities. Call Staff Sgt. Barbara Dixon, 846-1074.

SERVICES



Sizzlin' Classes

at the
Rio Grande Community Center
Call 853-1861 for more information.

Class	Day of class	Time	Cost
Belly Dancing	Wednesday's	5-6 pm	\$25 per month
Chess Beginning	Monday's	5-6 pm	\$20 per month
Computer – Basic Computer Knowledge	Saturday's	9 am – 1 pm	\$40 per class
Computer – Internet Basics	Saturday's	9 am – 1 pm	\$40 per class
Computer – Advanced Internet Operations	Saturday's	9 am-1 pm	\$50 per class
Computer – MS Office (Basic Level)	Saturday's	9 am-1 pm	\$40 per class
Computer – MS Office (Advance Level)	Saturday's	9 am-1 pm	\$50 per class
Computer – Using QuickBooks	Saturday's	9 am-1 pm	\$75, 2-consecutive Saturdays
Computer – Digital Imaging	Saturday's	9 am-1 pm	\$100, 2-consecutive Saturdays
Drama (MIME)	Saturday's	10 am – noon	\$36 per 6-week session
Hip Hop Dance	Tuesday's	5-6 pm	\$32 per month
Polynesian Dance (Hula and Tahitian)	Wednesday's	7-8 pm	\$15 per month
Sitting and Strength Class	Tuesday's and Thursday's	11 am-noon	\$20 per month
Tae Kwon Do (Martial Arts)	Tuesday's and Thursday's	6:15-8:15 pm	\$25 per month

Making Services Sizzle!



Services holds sealed bid sale

For sale, 1987 Dodge Van, 144,000 Mileage, body damage, engine as is.
Location Outdoor Recreation, Building 20410.
Send sealed bid to 377th Services Squadron financial accounting office.

Call Anthony Ortiz at 846-9085.

Child care providers needed for toddlers, babies

The Family Child Care Program is recruiting new providers, particularly ones who will care for children

younger than two years.
The program needs providers interested in working with special needs children or providing care during nontraditional hours, such as swing or evening shifts.
The Family Child Care Office is open 8-9 a.m. weekdays to help parents

find child care.
Staff is also available to assist with placement in the extended duty care program.
Call 846-1802.

Stressed out? Try massage therapy

Feeling stressed out? Want to take a break from the workday? Indulge yourself with either a half hour or full hour massage.
It’s never been more convenient or affordable. Cost is \$25 for a half hour or \$50 for a full hour of indulgence. The Kirtland Inn offers the services of a licensed massage therapist. All you need to do is call 846-9653 to set an appointment.

Writers meet 2nd Wednesdays

A Writers’ Group meets the **second Wednesday** each month at noon in the Rio Grande Community Center.

Plaques made at Skills Center

Engraving, logo reproduction, signs, badges, trophies, desk plates and awards are made at the Skills Development Center Plaques and Awards Shop that is open weekdays.

Kirtland Inn offers ‘Survival Kit’

Moving to a new area is challenging. Remember what your move was like? To make that transition easier, The Kirtland Inn offers a “TLF Survival Kit.”
The kit is loaded with a loaf of bread, milk, fruit juice, luncheon meats, cereal, mayonnaise, mustard, a dozen eggs and more. Kirtland Inn does the shopping and the kit is in your unit when you arrive.
At \$25, it’s an affordable and convenient way for sponsors and others to say “Welcome to Kirtland!”
Call 846-9653, and make your newest Airman’s arrival to Kirtland AFB less stressful, more pleasant and much easier.

Gourmet Night

Gourmet Night is **May 9** In the Del Norte Room of the Mountain View Club. Doors open at 6 p.m. Dinner is served at 7 p.m.
Call 856-5165.

All Nighter’s at Sandia Crest Club

All nighters are at the Sandia Crest Enlisted Club **May 3** and **17**. Doors open at 10 a.m. Members are admitted at no cost and non-members pay \$5.